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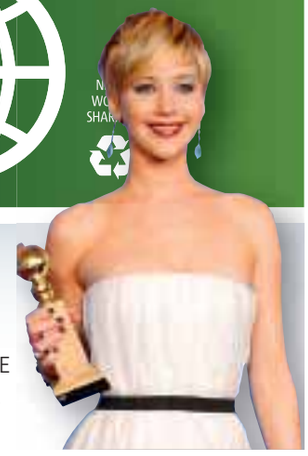

GOLDEN GLOBE-TROTTING

HIGHLIGHTS FROM THE RED CARPET AND THE SHOW'S WINNINGEST MOMENTS PAGE 8

98% of RRC grads choose to stay and work in Manitoba.
RED RIVER COLLEGE

The Winnipeg Jets have hired former Carolina Hurricanes head coach Paul Maurice, above, to replace Claude Noel, who was fired on Sunday. CHRIS SEWARD/MCT

Maurice suits up to pilot Jets after Noel gets ejected

Playing 'detective.' Former Hurricanes, Leafs coach hopes to snap losing streak tonight vs. Phoenix

Claude Noel is out as coach of the Winnipeg Jets, replaced by Paul Maurice.

Noel was fired amid a five-game losing streak that dropped the Jets to 19-23-5 and 10 points back of the final playoff spot in the Western Conference.

Noel, hired after the Atlanta Thrashers moved to Winnipeg before the 2011-12 season, went 80-79-18 during his tenure with the Jets.

Assistant Perry Pearn was also fired.

Maurice inherits a team that has struggled in its third season in Winnipeg thanks in part to inadequate goaltending and defensive breakdowns. The 46-year-old has been behind the bench as an NHL head coach for 1,084 games.

"I would imagine the strategy for him, he'd be a little bit of a detective going in there," said Jeff O'Neill, who played for Maurice in Carolina and Toronto. "He's going to find out what the problems are and he's going to address the issues. And that's probably the first order of business."

Claude Noel
LIAM RICHARDS/THE CANADIAN PRESS

Maurice's first game will be Monday at MTS Centre against the Phoenix Coyotes. This will be the third franchise he has coached, after the Hartford Whalers/Carolina Hurricanes and the Toronto Maple Leafs.

O'Neill said he has a better appreciation for Maurice as a coach after working with him at TSN.

"Just some little things he's pointed out and some of the things he would do kind of got my attention and made me realize this guy is a good coach and is probably a good fit there," O'Neill said in a phone interview.

Maurice seems to be a different coach now than he was when he broke in with the Whalers in 1996-97. Along the way, he got the Hurricanes to the 2002 Stanley Cup final and made five total playoff appearances with Carolina.

"Obviously he knows what works and what doesn't work now," O'Neill said. "I think maybe when he was younger he thought he had to be a hardass all the time for guys to kind of buy in and believe it, and then later on the message didn't have to be that because he was established, he had coached so many games.

"He's dealt with adversity before. He knows how to handle these situations because in Carolina we had some teams that weren't very good and he did get a lot out of us for the talent that we had on the roster."

THE CANADIAN PRESS

Player reaction

"All of us should be embarrassed that we're at the point we have to change the coach."

Winnipeg Jets forward Olli Jokinen

NEWS 1

After twists and turns human rights museum enters final stretch

Media were given access to the Canadian Museum for Human Rights Friday for a last look before exhibits in the building begin to be installed. The CMHR is expected to open in September. JOHN WOODS/THE CANADIAN PRESS

Two patients sent home in cabs die

Separate incidents. Health authority to meet with taxi board after pair never 'got through the front door safely'

Winnipeg's health authority is investigating after two patients were sent home in taxis and died on their doorsteps in the dead of winter shortly after being discharged from hospital.

Arlene Wilgosh, CEO of the authority, said both patients were discharged from Grace Hospital and sent home in cabs within days of each other around the new year. Both died as temperatures dipped down below -20C before they made it inside their homes.

One man, 78-year-old David Silver, was found frozen on his doorstep about 14 hours after he had been sent home from hospital in the middle of the night. Relatives say an autopsy found his death was due to a heart condition.

The other patient was spotted on a sidewalk by a passing driver who called 911. The patient was dead — apparently from a pre-existing condition — when emergency officials arrived, Wilgosh said. That patient, who won't be named, had been in hospital for more than 24 hours and was discharged at 8:20 a.m., the authority said.

"We are also looking for answers here. We are concerned about what has transpired with these two cases," Wilgosh told a hastily convened news conference Friday. "We are looking to improve our processes so that we can continue to ensure the safety of our patients."

Health Minister Erin Selby immediately instructed all health authorities to ensure that patients sent home in cabs make it into their homes. Clearly there are gaps in hospital procedure that must be addressed, she said.

"I think it's clear that when a patient is discharged from a hospital and returned by taxi, that should include making sure that patient gets through the front door safely," Selby said.

The health authority already has a meeting scheduled with the Taxicab Board to discuss a change in protocol, Wilgosh said. THE CANADIAN PRESS

FOR BETTER OR FOR WORSE

WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

The Winnipeg Jets honeymoon is fading.

I'll never dump the team, but there is no question the team has been a little less than awesome over the past little while, and now people have lost jobs because of it.

I'm here to help you find the positives, and there are many.

1) Stacey Nattrass is still our anthem singer. She's the best.

2) They still have Timbits hockey during the first intermission, and it's still a total gong show of excellence.

3) No matter how dull the game is, the chances the kiss cam will be boring is roughly zero per cent.

4) We have ALL the answers to the team's struggles. They're right there on Twitter after every game. Simple. Just apply those, and boom, team fixed.

5) A Jumbo Jet dog tastes the same win or lose.

6) You may never have heard of Zoomies or the Waxvac were it not for TSN Jets.

7) Calls to the post-game show aren't hilarious at all if the team is winning.

8) Little kids have no idea what the Jets record is. Their love is unconditional.

9) It's better to have this to care about than nothing at all.

Everything is going to be OK, Jets fans! ACE BURPEE IS A LOCAL WRITER, PRODUCER, RADIO-SHOW HOST AND SUPPORTER OF ALL THINGS GOOD

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WestJet pilots declare emergency mid-flight

En route to Winnipeg. Pressurization problems force Boeing 737-700 into rapid descent, from 12,000 metres to below 3,000 in a few minutes

Passengers aboard a WestJet flight heading for Winnipeg put on oxygen masks and held on tight when their jet experienced a pressurization problem.

WestJet spokesman Robert Palmer says the Boeing 737-700 was on its way from Phoenix to Winnipeg on Friday night when the trouble developed.

The pilots declared an emergency and made a rapid descent which took the plane from 12,000 metres to below 3,000 metres in just a few minutes.

Palmer says the plane landed safely at the nearest available airport — Rapid City, South Dakota.

Passengers were put up in a hotel in Rapid City for the night and were due back in Winnipeg Saturday evening.

There's no word yet on what caused the pressurization problem but Palmer says the airline is investigating. There were 38 passengers, two pilots and a flight attendant on board.

Palmer said such incidents are uncommon. The last time a WestJet plane experienced a pressurization problem that required a rapid descent, he said, was three or four years ago.

"This is a descent that is faster than normal, than say, when you're landing," Palmer said.

"It took a few minutes. It's not like in the movies where the aircraft does a nose dive."

He says both the National Transportation Safety Board in the U.S. and the Transportation Safety Board in Canada are satisfied with WestJet's response and won't be investigating. THE CANADIAN PRESS

Quoted

"It took a few minutes. It's not like in the movies where the aircraft does a nose dive."

WestJet spokesman Robert Palmer on the rapid descent of the Boeing 737-700 travelling from Phoenix to Winnipeg on Friday

Patio anyone?

After a month of below-seasonal temperatures and a cold snap that zapped the life out of the city, hardy Winnipeggers took to the patio at Market Burger on Friday when temperatures rose to (still minus) single digits. RON CANTIVEROS/FOR METRO

Opened for the season...

Parker Ryland, 2, was all smiles as he and his dad Shawn went for a slide on the newly opened Red River Mutual Trail at The Forks this weekend. SHANE GIBSON/METRO

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50 YEARS

The meek shall inherit the girth — world's poor becoming fat

Tipping the scales.
Obesity no longer a first-world problem as more and more countries battle the bulge

ELISABETH BRAW
Metro World News in London

Fat fact: Overweight and obesity rates have almost doubled in Mexico since 1980, says U.K. think-tank Overseas Development Institute. GETTY IMAGES

For generations, Mexicans have enjoyed aguas frescas, a healthy thirst-quenching beverage. But today, they drink the most soda per capita in the world.

And the effect is showing up on health statistics: Today 33 per cent of Mexicans are obese, which makes them even fatter than the United States (32 per cent), according to the UN's latest figures.

"People's palates have been kidnapped," says Xaviera Cabada, nutritional health co-ordinator at El Poder del Consumidor, a Mexican nutrition organization. "People have become so used to salt and grease in junk food that when they cook traditional dishes, they use more grease."

Yet overweight Mexicans don't live in opulence. On the contrary, they're usually low-income earners.

Around the world, the poor are becoming fat. Just as Mexicans are abandoning their healthy grain- and fruit-based diet, others are ditching their inexpensive fare in favour of fast food.

According to the World Health Organization, obesity is still less common in low-income groups, but being poor is no longer a guarantee against the bulging waistline.

"Obesity is a big-time problem," says Hank Cardello, director of the Obesity Solutions Initiative at the Hudson Institute in Washington, D.C., and author of Stuffed: An Insider's Look at Who's (Really) Making America Fat.

"In the U.S. alone, it costs around $200 billion per year," Cardello said. "And there's the personal cost: Obesity is the portal to diseases like diabetes."

Nowhere is the obesity trend stronger than in Latin and South America's growing economies. Peru now has more fast-food restaurants per capita than any other country. In Guatemala, half of children suffer from anemia and stunting, while half of women are either overweight or obese.

"It's already showing results in obesity-related illnesses," reports Cabada. "So many people have diabetes now. If you ask a room full of Mexicans if they have diabetes, 80 per cent will say yes. And some people with normal weight have nutrition-related illnesses as well."

In 2011, 81,000 Mexicans lost their lives to diabetes — three times as many as were killed in the country's escalating drug war.

But even though countries face huge health-care costs, nobody can force people to eat better — or companies to make healthier food. The answer, says Cardello, is to show food giants that they'll improve their bottom line by reducing calories in their products.

"People want their Coke and potato chips," said Cardello. "The answer is not to take bad products off the shelf but to introduce healthier ones."

Even so, switching to a healthier cousin of the potato chip is just a Band-Aid on the global fast-food addiction. But Cabada sees a ray of hope: "Here in Mexico, people are noticing that they're getting fatter, so they're becoming more alert."

In poor taste

"People have become so used to salt and grease in junk food that when they cook traditional dishes, they use more grease."
Xaviera Cabada, expert at Mexican nutrition group El Poder del Consumidor

DEATH BY FOOD: WE'RE GETTING FATTER
The number of people who are obese (with a Body Mass Index of 30+) is ballooning worldwide. Metro looks how the world's developed and developing countries fare.
INCREASING OBESITY AMONG ADULTS
PARADISE LOST
Pacific Islands are home to world's most obese
USA – MEXICO COMPARISON
In recent decades, Mexico's obesity rates have more than doubled. Now the country is on par with the United States as one of the world's fattest nations.
PREVALENCE OF OBESITY AMONG ADULTS
DEATH BURDEN OF BULK
What is the death rate attributed to obesity-related factors (high BMI, blood pressure, cholesterol, glucose, physical inactivity)? United States has the highest but Mexico's rate is continuously rising and catching up.

Top 5 good fast-food innovations

1 Burger King Satisfries

French fries coated with a batter that helps the food product absorb less fat.

2 Campbell Soup Goldfish Puffs

A healthier version of the famous Goldfish snack, they're air-puffed, gluten-free and contain fewer calories.

3 McDonald's Premium McWraps

Sandwiches contain cucumber, tomatoes and lettuce. The chain has also introduced side salads as an alternative to fries.

4 General Mills Green Giant Roasted Veggie Tortilla Chips

The brand plans to introduce 10 more vegetable snacks.

5 Kraft colour-free Mac and Cheese

The all-American staple will now be sold in its natural colouring instead of using a bright artificial dye.

Former Israeli Prime Minister Ehud Olmert stands in front of the coffin of former Israeli prime minister Ariel Sharon at the Knesset plaza in Jerusalem on Sunday. Sharon, the hard-charging Israeli general and prime minister who was admired and hated for his battlefield exploits and ambitions to reshape the Middle East, died Saturday, eight years after a stroke left him in a coma from which he never awoke. He was 85. ODED BALILTY/THE ASSOCIATED PRESS

Israelis offer final goodbyes to Ariel Sharon

'There will never be anyone else like him.' Former comrades, political allies and regular citizens flock to Jerusalem to pay respects to late leader

Israelis from all walks of life flocked to parliament Sunday to catch a glimpse of Ariel Sharon's coffin and pay their final respects to the iconic former prime minister and general.

A stream of visitors ranging from former army comrades to political allies to citizens who only knew him from afar remembered Sharon as a decisive leader, for better or for worse, and one of the final heroes of Israel's founding generation.

"Those who didn't know him from up close can't truly understand what a legend he was," said a choked-up Shlomo Mann, 68, who served under Sharon's command in the 1973 Mideast war. "There will never be anyone else like him."

The 85-year-old Sharon died Saturday, eight years after a stroke left him in a coma.

In a career that stretched across much of Israel's 65-year existence, his life was closely intertwined with the country's history. As one of Israel's most famous generals, the man known as "Arik" was renowned for bold tactics and an occasional refusal to obey orders. To his supporters, he was a war hero; to his critics, a war criminal.

As prime minister late in life, he was embraced by the public as a grandfatherly figure who provided stability in times of turmoil.

Israeli President Shimon Peres and former prime minister Ehud Olmert were among those who paused before the flag-draped coffin displayed in front of the Knesset and surrounded by an honour guard.

A state memorial is planned for Monday at parliament, followed by a funeral service at Sharon's ranch in southern Israel. U.S. Vice-President Joe Biden, former British Prime Minister Tony Blair and others are expected to attend the ceremonies.

THE ASSOCIATED PRESS

Three stages

From soldier to statesman

Sharon's life will be remembered for three stages: First, his controversial time in uniform, including leading a deadly raid in the West Bank that killed 69 Arabs, and his heroics in the 1973 Mideast war.

Then came his years as a political operator who helped create Israel's settlement movement and masterminded the Lebanon invasion in 1982. He was branded as indirectly responsible for the massacre of hundreds of Palestinians at the Sabra and Chatilla refugee camps.

Yet he ultimately transformed himself into a prime minister and statesman, capped by a dramatic 2005 withdrawal from the Gaza Strip. Sharon appeared to be cruising toward re-election when he suffered his stroke in January 2006.

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Put eggs in more than one basket

HOW TO ROLL
Alison Griffiths
metronews.ca

There has never been a better time to be defensive with stock market investments. Record highs of more than 25 per cent gains were reached in the American markets in 2013. Even though Canada and Europe lag, whatever happens to the U.S. in terms of a market decline will definitely affect everyone else.

An asset allocation will protect you by taking the emotion out of investing. You follow the asset allocation, not the fears, hopes and predictions littering the money world.

In 1990, Dr. Harry Markowitz won a Nobel Prize in economics after proving that diversified portfolios (don't put all your eggs in one basket) maximize return while minimizing risk.

In the end, minimizing risk is the single most important investing goal.

An asset allocation apportions your money among cash (GICs, high interest accounts), bonds and equities. The first two are often lumped together and called fixed income.

Cash is a good place to start. Its role is to cope with emergencies inside and outside a portfolio. Those outside the portfolio include unexpected expenses. Let's assume that your 100-per-cent equity portfolio dropped 40 per cent in 2008-09, but you needed to withdraw some funds. Without cash you would have had to sell investments at a huge loss.

Cash inside your portfolio also allows you to tweak your asset allocation during times of stock market emergencies. Say you chose an allocation of 15 per cent cash, 35 per cent bonds and 50 per cent equities. When the markets were slammed in 2008-09, the percentage in equities declined dramatically.

Cash offered the chance to buy more equities and bring the percentage back closer to 50 per cent. Here's where an asset allocation really shines. If 50 per cent equities is your chosen amount, when it drops to, say, 35 per cent you don't fret about whether it's time to buy back into the market. You just do it based on the percentages.

Anyone who used cash to follow a chosen asset allocation during the various market declines over the past 20 years is sitting pretty now.

Every Monday

Alison Griffiths is a financial journalist, bestselling author and broadcaster. Her new investing column, How to Roll, will run Mondays in Metro and at metronews.ca.

$350,000 hunting permit puts club in crosshairs

A taxidermist does some touch-up painting to an African elephant mount set up for the Dallas Safari Club Convention and Sporting Expo last week. The club came under fire after sponsoring an auction to raise money for conservation efforts where a permit to hunt an endangered African black rhino sold for $350,000 US. TOM FOX/THE DALLAS MORNING NEWS/THE ASSOCIATED PRESS

Mother Nature on the run?

Singer Neil Young compares oilsands to Hiroshima

Neil Young
THE CANADIAN PRESS

Singer Neil Young has launched a blistering attack on the Harper government and Alberta's oilsands.

Young told a news conference on Sunday as far as the governing Conservatives are concerned, "money is number one, integrity isn't even on the map."

The news conference was to kick off the first of four concerts aimed at raising support for an Alberta First Nations that is fighting development of Alberta's oilsands.

Young, who said he recently visited one of the oilsands sites, compared the pollution to Hiroshima, the Japanese city where the first atomic bomb was dropped during the Second World War. **THE CANADIAN PRESS**

Above, Blake as a happy 7 year-old.
Now you know where homeless adults can come from.

{ Blake, currently homeless }

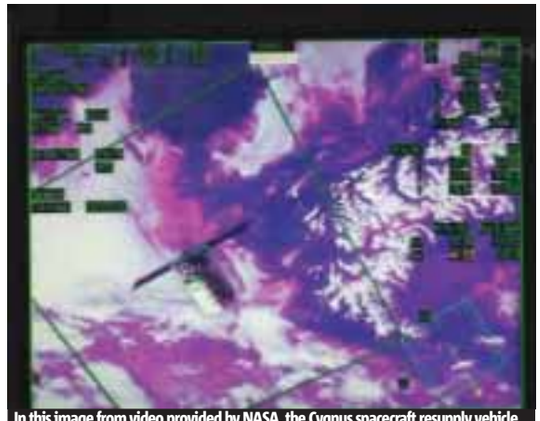
HOMELESSNESS CAN HAPPEN TO ANYONE. VISIT RAISINGTHEROOF.ORG TO HELP. RAISING THE ROOF

Neither solar storms nor cold ultimately stops space delivery

Christmas has finally arrived for the six space station astronauts.

A privately launched supply ship arrived at the International Space Station on Sunday morning, three days after blasting off from Virginia. The space station crew used a hefty robot arm to capture the Cygnus capsule as the two crafts zoomed side by side at 17,500 m.p.h.

The Cygnus is carrying 3,000 pounds of equipment and experiments for NASA, including ants for an educational project. Also on board: eagerly awaited Christmas presents from the families of all six spacemen as well as some fresh fruit courtesy of NASA.



In this image from video provided by NASA, the Cygnus spacecraft resupply vehicle approaches the International Space Station early Sunday. NASA/THE ASSOCIATED PRESS

NASA is relying on private industry to keep the orbiting lab well stocked in this post-shuttle era and, in four more years, possibly supply rides for U.S. astronauts as well.

Orbital Sciences Corp. was supposed to make the delivery last month, well before Christmas. But the Virginia company had to wait a month. A space station breakdown in mid-December took priority, and NASA bumped the flight to January in order to repair the disabled cooling system at the orbiting outpost. Then frigid weather at the launch site forced a delay. Then a strong solar storm interfered.

Launch controllers for Orbital Sciences broke into applause once robot arm operator Michael Hopkins grabbed onto the Cygnus, more than 260 miles above the Indian Ocean, northeast of Madagascar. The next major step was to bolt the capsule down onto the space station.

Because of the long day, the astronauts were supposed to wait until Monday before opening the hatch to Cygnus. But with presents from their families awaiting them, there was no telling whether they would oblige.

As a holiday treat, NASA stashed away the fruit for the two Americans, three Russians and one Japanese, and Orbital Sciences included a few surprises of its own. **THE ASSOCIATED PRESS**

WE DON'T KNOW HOW GOOD WE HAVE IT

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

Last week I wrote about how the cold weather had turned a lot of Winnipeggers into babies.

Little did I know that a few days of sub-par driving conditions would bring on a full-scale temper tantrum.

Faced with rutted and icy roads caused by back-to-back storms and extreme temperatures, many people simply threw themselves to the ground, kicking and screaming that the mayor and city council had to "do something!"

Citizens — many of whom seem to have forgotten how to drive in winter weather — demanded that plows be sent to their street right away because "it's the worst I've ever seen it!"

And talk-radio hosts — many of whom seem to have forgotten responsible journalism in favour of generating listener calls — took great joy in sticking the mayor's head on the end of a sharpened snow shovel and holding it up for the public to jeer.

But the bottom line is that Mayor Sam Katz is no more qualified to determine when snow plows should be deployed than he is to drive a plow himself.

The same goes for city councillors, talk-show hosts or any of the other 700,000 amateur snow-clearing experts in this town.

Our city is actually blessed — yes, you read that right — with a relatively high standard of snow clearing. Streets are plowed from curb to curb, windrows are removed from front driveways, and sidewalks and pathways are cleared once the streets are done.

In many other cities, residential streets only have one lane cleared, you have to remove that mass of snow at the end of the driveway yourself and you can be ticketed if you don't shovel your sidewalk within a designated time period.

The system was designed by actual snow-clearing experts, who are familiar with the resources available, traffic patterns, garbage-collection schedules, weather forecasts and other variables.

Does it work perfectly? No, it never can when you're trying to co-ordinate the movements of hundreds of pieces of machinery while simultaneously keeping the city open and dealing with what Mother Nature throws at you next.

But it's a lot more effective, and affordable than simply allowing politicians to order equipment to hit the streets to silence cranky constituents.

Yes, council should review the snow-clearing policy to ensure: a) it's being followed correctly, and b) it accurately reflects the desired service level from the public.

And the city should go ahead with a proposal to set seasonal budgets for snow clearing so it can avoid any real or perceived issues about the timing of plowing operations that occur near the end or beginning of a calendar year.

But no, the mayor and council shouldn't be able to routinely overrule the administration on operational decisions like when to clear the streets.

It's the role of council to set policy and ensure it's being enforced; it's not their job to drive the plows.

ZOOM

Go Canada Go!

JEFF MCINTOSH/THE CANADIAN PRESS

Olympians treated like rock stars

Natalie Spooner, a member of Canada's women's hockey team, high-fives Madison Armet, 13 months old, during a send-off party for Canada's Sochi-bound Olympic athletes in Banff, Alta., Saturday.

Hundreds of fans wished the country's Olympians good luck at the upcoming Games in Russia. METRO

Lucky charm

- The Royal Canadian Mint revealed its 2014 lucky loonie at the Banff block party.
- The coin is intended to be a good-luck charm for athletes and will be given to each member of the Canadian team. METRO

Steve Podborski, right, chef de mission for Canada at the 2014 Winter Olympics, inspects the newly unveiled lucky loonie.
JEFF MCINTOSH/THE CANADIAN PRESS

We've got Games

Team Canada is ready to make some noise in Sochi and Metro will be there to follow its athletes. Go to metronews.ca/gameon for the latest in video, photos, chat and news from the 2014 Winter Games.

Clickbait

LUKE SIMCOE
Metro Online

3D printing has been a tech buzzword for the past few years, and 2013 saw the phenomenon subjected to equal parts hype and hyperbole (3D-printed guns, anyone?). However, based on the offerings on display at this year's Consumer Electronics Show, 2014 may be the year when 3D printers become stable enough, user-friendly enough and cheap enough to make it into the mainstream. Here are just a few of the 3D printers that made waves at this year's CES:

MakerBot Z18:

MakerBot is definitely the company to beat when it comes to commercial 3D printers, and the Z18 is its new flagship. Capable of printing objects 12 inches wide and 18 inches tall, it's one of the largest printers on the market. It will retail for $6,499 US and come with access to MakerBot's digital store, billed as the iTunes of 3D printing.

ChefJet:

Billed as a 3D printer for foodies, the ChefJet can print candy, frosting and sugary garnishes. It comes with its own user-friendly software and retails for an estimated $5,000.

GETTY IMAGES

The da Vinci:

A budget entry by XYZprinting Inc., the da Vinci was one of the most affordable printers at CES. It's expected to ship by mid-March and will sell for a paltry $499.

Twitter

@metropicks asked: Tonight celebs at the Golden Globes will honour the best in Hollywood. Do you think these award ceremonies still matter?

@kmacnaull: Sometimes you need a break from the seriousness of the world and celebrate creativity, laughter & a great dress.

@RealMarcDunn: When fame & fortune aren't enough, only a globular hunk of metal will do. #GoldenGlobes #allwashedup

@SpenceShaun: Timeless Hollywood tradition to honor the hard work of countless individuals. Wouldnt happen if it didnt matter.

@mrscrazycakes: most of the movies don't matter. Why would the awards.

@77_tree: yes, a lot of hard work and dedication is put in bythese actors,its their job and this is a way to acknowledge it

Follow @metropicks and take part in our daily poll.

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SCENE 2

Stars gather for one last big show before Oscar time

Golden Globes.
Less-polished little sister of awards ceremonies full of off-kilter moments

NED EHRBAR
Metro World News in Hollywood

The stars of film and television packed the Beverly Hilton ballroom Sunday for the 71st Annual Golden Globe Awards. With the Academy Awards nominations just days away, the results from the Globes are expected to be a bigger factor than usual in this year's Oscar race.

While 12 Years a Slave lost out in its acting and directing categories, it won where it really counts, earning the Golden Globe for best drama and edging it ahead of main rival Gravity in the Oscar best picture race.

Amy Adams and Jennifer Lawrence certainly upped the chances for American Hustle, taking home best actress in a motion picture comedy and best supporting actress in a motion picture, respectively for David O. Russell's 1970s caper.

Leonardo DiCaprio earned his second career Golden Globe, taking home best actor in a comedy for the Wolf of Wall Street, making sure to poke fun at it being in the comedy category during his speech.

Matthew McConaughey and Cate Blanchett cemented their Oscar front-runner statuses with wins for Dallas Buyers Club and Blue Jasmine, respectively.

Jennifer Lawrence and her Golden Globe for her role in American Hustle.
ALL PHOTOS JASON MERRITT/GETTY IMAGES

Amy Poehler and Tina Fey returned for a second year of hosting duties. Poehler also won best actress in a TV comedy for Parks and Recreation.

McConaughey's co-star, Jared Leto, also a favorite for an Oscar nomination and win, earned the best supporting actor in a drama award for his transformative role in Dallas Buyers Club, while Alfonso Cuaron earned a Globe for his visionary directing in Gravity.

In the TV categories, HBO's Liberace biopic, Behind the Candelabra, continued the awards dominance it started at the Emmys in September with wins for the film itself and star Michael Douglas, while Breaking Bad enjoyed a post-series finale victory lap, nabbing Globes for the series itself and for star Bryan Cranston.

Netflix's House of Cards earned its first Golden Globe, going to Best Actress in a TV Drama winner Robin Wright.

Jacqueline Bisset, who won for her supporting work in the TV miniseries Dancing on the Edge provided the first awkward moment of the night with a pause-filled acceptance speech during which she worked in a profanity and advice from her mother: "Go to hell, and don't come back."

But that was just the beginning in a night full of off-kilter moments. Best song winner Alex Ebert started off his speech by recounting a party encounter with presenter Sean Combs.

Top of the Lake star Elisabeth Moss opened her best actress in a miniseries or TV drama speech with a simple, overwhelmed expletive, and best screenplay winner Spike Jonze, startled by music swelling up to play him off, countered with "Hey wait, I just got started."

The Best of Tina and Amy:

Three of their best quips:

- "[Gravity is] the story of how George Clooney would rather float away into space and die than spend one more minute with a woman his own age."
- "For his role in Dallas Buyers Club, [Matthew McConaughey] lost 45 pounds. Or what actresses call being in a film."
- "We're going to get this show done in three hours, or as Martin Scorsese calls it, Act One."

Bryan Cranston wins best actor in a TV series drama for Breaking Bad.

Online

For more red carpet looks and complete Golden Globes results, visit metronews.ca.

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MIND THE APP
Kris Abel
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This brilliant puzzle book moves with its character, Anna. When she takes a turn, its pages rotate to match. As she passes a window, the illustrations change their view. Voices and music get louder as she approaches, completing an effect that is captivating and bewitching. In a spy-world Wonderland of hidden codes and secret switches, Anna needs your wits to survive.

Revisiting racism and flying high

Q&A. The Invention of Wings author, Sue Monk Kidd, tells Metro about the work that went into her latest hit

EMILY LAURENCE
Metro World News

It hasn't been out long at all and already Sue Monk Kidd's new book, The Invention of Wings, has landed itself on every "best" list (including ours) and been lauded by Oprah. The Secret Life of Bees author did it again. Alternating chapters between Sarah Grimke, a reluctant slave owner and her slave Hetty, The Invention of Wings captures the complexity of black-white friendships during the 1800s. Eavesdrop on our conversation with Kidd about the real-life Sarah Grimke and what Kidd found most disturbing about American slavery.

I didn't know until I read the author's note that Sarah and her sister were real women. What was it like discovering their stories and the fact that they've been overlooked historically?
It was definitely a surprise, especially since they lived in Charleston, where I was living at the time. I think they fell down a big crack in history and honestly, I imagine a lot of women fell in that crack.

When you were doing your research, did you come across any other women whose stories you were tempted to tell?
I'm sure there are so many, but I really focused on Sarah and Angelina immediately when I discovered they were some of the earliest females that were pioneers for women's rights. I knew I wanted to tell the story of an enslaved woman and her owner. That was the only strong feeling I had about the characters, and luckily I was able to find this character both in history and in my imagination.

What made you write about Sarah as opposed to Angelina?

Sue Monk Kidd is famous for penning The Secret Life of Bees. ROLAND SCARPA

I initially thought I would write about Angelina too, but it became unbalanced with too many voices, so then I had to choose. I pretty much knew all along that it would be Sarah. For some reason, I gravitated toward her story; probably because she struggled so much to find her voice, which I can relate to, especially as a writer.

It doesn't sound like it was a good time to be a woman — black or white.
Exactly. That's one of the things I want people to take away from the book; how far we've come and how some of the greatest movements of the 20th century grew out of extraordinary movements in the 19th century.

There's so much historical detail in the book about the way urban slaves were treated. Was there anything you found especially upsetting when you were doing your research?
Everything I discovered was upsetting. There is a certain familiarity we think we have about slavery, but sometimes familiarity creates distance between us and the subject, which is not a good thing. It needs to be disturbing. I collected an enormous number of books about American slavery and also travelled to look at historical documents. A great deal of my research was in Charleston. The most disturbing thing I discovered was the work house. There were these houses (where slave owners) could pay to have their slaves worked, abused and controlled.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

Styles won't be keeping up with the Kardashians

STARGAZING
Malene Arpe
scene@metronews.ca

Harry Styles, who is dating Kendall Jenner, has reportedly made it clear he will not appear on Keeping up with the Kardashians. "You're such a precious little thing," said Kris Jenner. "But I got Kanye West on the show. I think I can deal with you."

This past Monday was what is considered the most depressing day of the year. That is clearly nonsense, as Monday is when I heard that in the Wachowskis' Jupiter Ascending, Channing Tatum will play a half-wolf, half-human albino warrior. #sosohappy.

Billy Ray Cyrus is doing a hip hop remix of Achy Breaky Heart. As long as he isn't doing a Baroque remix of his mullet.

Hilary Duff and Mike Comrie. ALL PHOTOS GETTY IMAGES

No fairy-tale ending for Duff and Comrie

Ah, weekends. The perfect time to relax, sleep in, and grab brunch. Or if you're a celebrity, get married or divorced. So here are this past weekend's notable unions and dissolutions. First up is Hilary Duff and ex-NHL star Mike Comrie, who announced in a statement over the weekend that they "have mutually decided to an amicable separation" and will "remain best friends and will continue to be in each other's lives." The two are parents to toddler Luca, of whom they'll have joint custody.

Meanwhile, Pamela Anderson and pop culture footnote Rick Salomon (remember him? He's the guy who made Paris Hilton famous when he starred as the other half in that sex tape) announced their marriage over the weekend. "We're very happy," Pamela disclosed to E!. "Our families are very happy and that's all that matters." It's the second marriage for the couple — to each other. They were briefly tabloid fodder in 2007 when they were married for 10 weeks. **DOROTHY ROBINSON/METRO WORLD NEWS**

Bynes a no-show at fashion school

Amanda Bynes is going back to school — or at least, it seems she was planning to. The troubled former child star reportedly enrolled for classes that began last week at the Orange County campus of the Fashion Institute of Design and Merchandising, though she was apparently a no-show on the first day, according to E! News. Bynes had made it clear via her lawyer that once she was out of treatment at a psychiatric facility she wanted to pursue a career in fashion.

Amanda Bynes

Twitter

@ABFalecbaldwin
Abuse of political power is unforgivable.

@officialjaden
I'm Slowly Realizing I Need To Make A Trip Out To Norway

@Joan_Rivers
Heading back to NYC from L.A. Everything is so fake and plastic in L.A. — you'd think I'd fit right in, but I'm excited to be going home!

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Be sure to read the latest from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

Skydive Plane Parent.
We've heard of helicopter parenting, but Metro's columnist has a new approach — allowing your kids to be (gasp) independent

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Don't baby them, they can handle making a sandwich and salad for lunch. ISTOCK

While watching a news segment on "Helicopter Parents," my daughter turned to me and said, "You're not a Helicopter Parent," which was not news to me. She continued, "You're more like a 'Skydive Plane Parent.' You push us out and don't look back." She paused and added, "You sometimes give us a parachute."

I am not sure if she meant this as a compliment or a complaint but I took it as the former.

Yes, I confess, I make my kids go to school when it's cold, but I don't think making your children go to school on a school day when it's safe to do so is pushing them out of a plane or otherwise. In fact, it is pretty much what we in the work world merely call "meeting expectations."

But maybe I'm harsh. I've also been known to let my son (then eight) start a dog walking business where he had to (gasp) walk the dogs on his own around our quiet neighbourhood. This resulted in calls from concerned parents that he was on his own (of course to which my response was, "I hope he had a dog with him or he's fired").

At age nine I let him ride his bike to school, by himself, crossing a busy intersection.

My 11- and 14-year-olds routinely get themselves breakfast, make their lunch and get out to the bus or walk to school when both my husband and I have to leave the house hours before they do.

They've been going to public washrooms by themselves since they could figure out the "M" versus "W" signs on the doors.

When my 14-year-old informed me I had to miss going out to a long-planned evening event because she needed me to help her study, as she had procrastinated, I answered with, "Are you new here?"

I had a good time at the event, thanks for asking.

I'm not always that mean. My 19-year-old son had his wallet and phone stolen in New Zealand, and I did help him. I cancelled the phone and his credit card.

Do these actions make me a "Skydive Plane Parent"? OK then. I push them, they keep coming back. Replace that umbilical cord with a rip cord. Give them the chance to exceed your expectations. **KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU: A 8-STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS**

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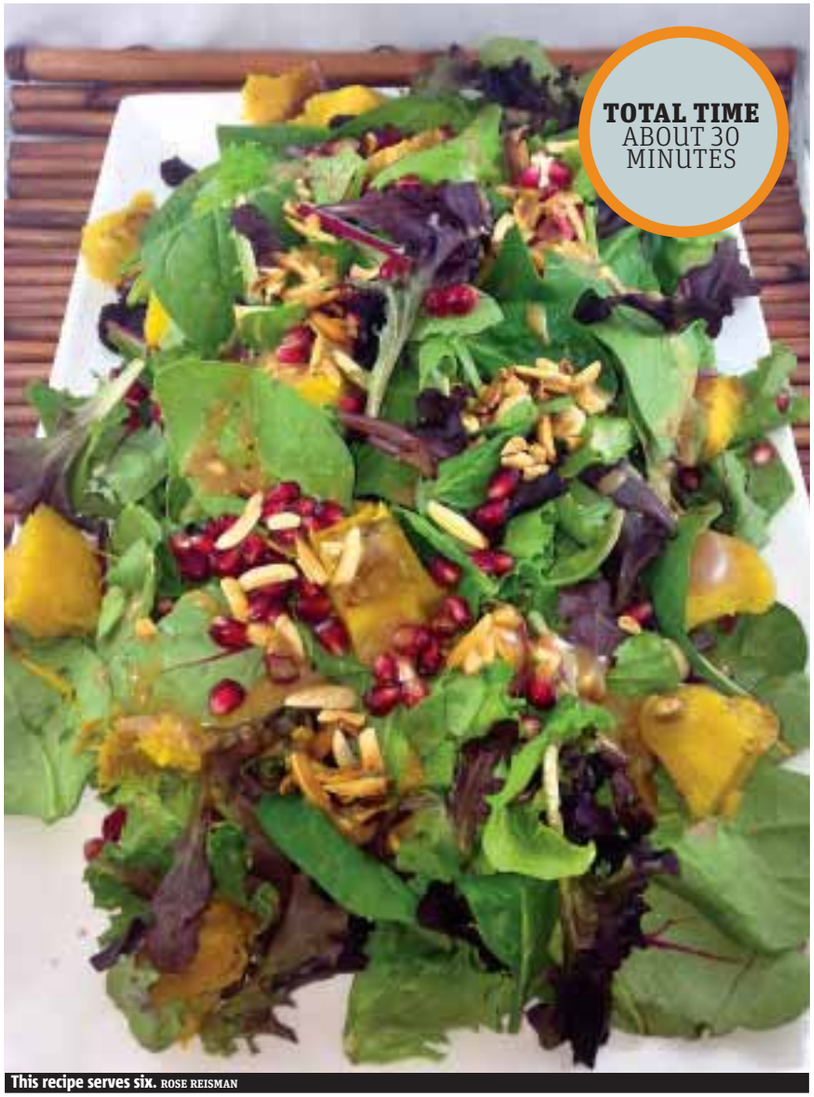
More than just a pretty face: Spinach salad with squash, almonds and more



This recipe serves six. ROSE REISMAN

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

You'll be surprised to find the abundance of nutrients that exist in this delicious and attractive salad. The spinach, butternut squash and pomegranate seeds give you a trio of daily required vitamins and minerals.

Spinach contains antioxidants that can fight cataracts, heart disease and certain cancers. Butternut squash is an excellent source of vitamin A, which gives you better skin and better eyesight. Pomegranates, available during the early winter, are known to help combat prostate cancer and Type 2 diabetes.

To access the seeds from a pomegranate, just slice horizontally and, over a bowl, tap the skin-covered half with a wooden spoon until all the seeds release.

The candied toasted almonds give you a special treat when you bite into this salad and they are so easy to achieve.

You can prepare these nuts in advance and keep them stored in any airtight container for later use.

This salad explodes with flavour and super foods but you can add some grilled protein, such as chicken, fish or meat, to make it a complete meal.

If meat isn't your thing, you can add one cup of cooked grains such as quinoa or brown rice.

It's so pretty you'll want to snap a photo of this salad to share with your friends.

Ingredients

Almonds
- 1/3 cup whole almonds
- 3 tbsp brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground ginger

Salad
- 12 oz butternut squash, cut into 1-inch cubes
- 1 tbsp brown sugar
- 2 tbsp maple syrup
- 8 cups baby spinach
- 1/2 cup pomegranate seeds

Maple Dressing
- 1 tsp minced garlic
- 1/2 tsp Dijon mustard
- 1 tbsp cider vinegar
- 2 1/2 tbsp maple syrup
- 3 tbsp olive oil
- 2 tsp lemon juice
- pinch of salt and pepper

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Directions

1. Preheat the oven to 375 F. Line two baking sheets with foil and lightly coat with cooking spray.

2. To make the almonds, rinse with cold water. Drain but do not let them dry. Place them in a bowl and add the 3 tbsp of brown sugar, cinnamon, nutmeg and ground ginger. Toss to coat. Spread out on one prepared baking sheet.

3. Meanwhile, mix squash cubes with 1 tbsp brown sugar and 2 tbsp maple syrup and place on the other baking sheet. Bake nuts for about 8 minutes just until nuts begin to brown. Remove and let cool. Then chop. Bake squash for 20 minutes or just until tender. Cool slightly.

4. To make the salad, place the spinach, pomegranate seeds and squash in a large serving bowl.

5. To make the dressing whisk together the garlic, mustard, cider vinegar, 2 1/2 tbsp maple syrup, olive oil, lemon juice and salt and pepper in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds.

Nutritional information

Per serving	
• **Calories.** 320	• **Total fat.** 13 g
• **Carbohydrates.** 28 g	• **Saturated fat.** 1.5 g
• **Fibre.** 4 g	• **Cholesterol.** 0 mg
• **Protein.** 4 g	• **Sodium.** 55 mg

Start with celery, then add imagination

Ingredients
- 2 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- Kosher salt and ground black pepper
- 8 ribs celery, very thinly sliced crosswise
- 2-oz chunk Parmigiano-Reggiano cheese
- Additional salad ingredients, as desired (fennel, sliced mush rooms, fruit, nuts, etc.)

Sadly, raw celery is often relegated to the veggie platter that hardly gets touched when there are more crave-worthy (and fattening) dishes to choose from. But it doesn't have to be that way! This January, eat your celery in this have-it-your-way salad.

This crunchy salad is seriously satisfying and elevates celery to gourmet status. The secret is in slicing the celery paper thin with a mandolin. A tart lemon vinaigrette and thin ribbons of real Parmigiano-Reggiano cheese enhance the dish.

It's also a great foundation for add-in. Dress it up with mushrooms, fennel, apples, pears, beets — all thinly sliced — and/or walnuts, even pomegranate seeds. Try any ingredients that suit your fancy. Just keep the two main ingredients — celery and Parmesan cheese — the same.

1. In a medium bowl, whisk together the olive oil, lemon juice and mustard. Season with salt and pepper, then add the sliced celery. Toss well to coat, then divide the celery between 2 serving plates.

2. Use a vegetable peeler to shave some of the cheese over each serving, then add additional salad ingredients as desired. Mushrooms, pluots and fennel make an excellent combination with this celery base.

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

This recipe serves two. MATTHEW MEAD/ THE ASSOCIATED PRESS

Feeling a bit loonie? You've got Gail!

All hail Gail.
Canada's reigning queen of cash Gail Vaz-Oxlade imparts some serious cents to today's students

Canadians have come to know Gail Vaz-Oxlade as the no-nonsense provider of penny pinching wisdom on TV shows Til Debt Do Us Part, Princess and most recently, Money Moron. The Jamaica-born mother of two has written a library of books on the topic of bad spending, and she's now focusing her attention on today's cash-confused post-secondary students and their parents. In this excerpt from her new book, Saving for School, Vaz-Oxlade uses hypothetical students Sonny and Darling to explain how they and their parents can best handle a lump sum of moola, the likes of which could come from a scholarship, a bursary or a summer spent saving.

Here are the steps to help Darling and Sonny make a plan for how they'll use their lump-sum money.

Step 1
List all the money they'll have from summer employment, scholarships, bursaries, RESPs (the annual lump sum they'll withdraw), gifts from relatives and loans, along with any other money they can scrounge.

Step 2
List the money they know they'll need to cover tuition, books and supplies, travelling to school at the beginning of the year and home again at the end (along with all the trips home in between), first and last months' rent or residence

expenses, and the first grocery shop or student food plan.

Step 3
Figure out an amount to set aside for emergencies. *Do not skip this step.* Emergencies happen. That's a part of life. Being financially prepared for them means Darling and Sonny will have options in terms of how they deal with those balls from left field. Being unprepared is immature and short-sighted. I recommend at least $500. Make sure you talk about what constitutes an emergency; not everything is worthy of emergency status, no matter how dramatic Sonny or Darling may be.

An emergency is something that threatens your health or ability to continue at school, such as:

- A laptop that suddenly dies (even if it's because someone poured beer over the keyboard ... yes, it really happened to the daughter of a friend of mine).
- A power outage that causes all the food in the fridge to rot (again, yes, it really happened to Alex in her second year at school, when she was living off campus and a tree fell on the power lines).
- A trip home to deal with a sick relative, the death of a family member or friend, or another unexpected family event.

Who is in charge of the emergency money? Darling and Sonny need to take responsibility for managing it. You do want them to act like grown-ups, right? Then you must treat them as such. That means if they blow all their "emergency" money on beer and then their laptop dies, you keep your hands out of your pockets.

Step 4
Subtract what needs to be spent from the lump-sum amount and divide the remainder by the number of months at school to give you the amount that will cover monthly expenses. If Darling and Sonny are in a traditional program that lasts eight months of the year (leaving them with four months to work and make money for the next year), they'll have to figure out their budget for eight months. So take whatever is left after the lump-sum calculation and divide it by eight. Some people do school all year round, in which case you'd have to stretch that money over 12 months.

If there's no money left after the lump-sum exercise, work will be a must. There are all sorts of ways for kids to make money or reduce their expenses. Both my editor, Kate, and Alex's BFF, Callie, were residence dons, which meant their room and board were covered.

Kids shelve books at libraries, serve coffee and make sandwiches, or work retail. There are some programs that are so intensive that a part-time job isn't an option, in which case maybe Momsie and Pops will pony up with some money to help on a monthly basis.

If there is money left, dividing it up sensibly is the only way to make it last. Regardless, you need to have some sense of where that money is going to go each month.

EXCERPT FROM SAVING FOR SCHOOL BY GAIL VAZ-OXLADE. © 2013 BY GAIL VAZ-OXLADE. PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD. ALL RIGHTS RESERVED.

More bang for your buck?

- Readers can visit metronews.ca to find more content from this excerpt, including advice on how to work out a plan for spending school money in the best possible way.
- Gail's Student Lump-Sum Money Worksheet will also be available for download.

Money on our minds

- Look out for features written by Gail Vaz-Oxlade in Metro in the weeks ahead, and keep your eyes peeled for her weekly column, which will debut on Feb. 3.

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The Broncos' Eric Decker returns a punt past Chargers punter Mike Scifres on Sunday in Denver. DOUG PENSINGER/GETTY IMAGES

Manning, Broncos bolt past Chargers

NFL. Veteran QB snaps playoff losing streak to advance and play Brady and the Pats

On Sunday

Broncos	Chargers
24	17

Peyton Manning welcomed Wes Welker back into the lineup with a touchdown toss and the Denver Broncos narrowly avoided a repeat of their playoff slip from last year, advancing to the AFC championship game with a 24-17 win over the San Diego Chargers on Sunday.

The Broncos (14-3) controlled the game for three and a half quarters before Philip Rivers capitalized on an injury to cornerback Chris Harris Jr. to stage a comeback reminiscent of Baltimore's shocking win at Denver exactly a year earlier.

This time, however, Manning rescued the Broncos from the brink of another crushing collapse and sent them into the title game for the first time in eight seasons.

They'll host the New England Patriots (13-4) on Sunday. Get ready for Brady vs. Manning once more.

In the most recent matchup of QBs with Hall of Fame credentials, Tom Brady and the Patriots rallied past Manning and the visiting Broncos 34-31 in overtime on Nov. 24.

Manning, in the playoffs for a record 13th season as a quarterback, ended a personal three-game post-season skid in winning for the first time since leading Indianapolis over the Jets 30-17 in the AFC championship game on Jan. 24, 2010.

Manning completed 25 of 36 passes for 230 yards and two TDs, numbers that weren't quite up to the standards he set during a record-breaking regular season when he established new benchmarks with 55 TD throws and 5,447 yards through the air.

THE ASSOCIATED PRESS

NHL

Sabres top Caps in a shootout

Cody Hodgson decided a lacklustre game with the only goal in the shootout, and the Buffalo Sabres avoided matching the longest road losing streak in franchise history with a 2-1 win over the Washington Capitals on Sunday.

Tyler Ennis scored in the first period, and Ryan Miller made 28 saves for the Sabres.

THE ASSOCIATED PRESS

Figure skating

Chan, Virtue, Moir lead young Canadian squad

Loaded with rookies, but brimming with promise — Canada's young figure skating team for the Sochi Olympics might turn out to be its best ever.

Three-time world champion Patrick Chan and Olympic ice dance gold medallists Tessa Virtue and Scott Moir headline a 17-member Canadian figure skating team for Sochi that has 14 first-timers.

The team has set a goal for three medals in Sochi — in men's singles, ice dance, and the new team event — which would match its best ever result of three in 1988 in Calgary. THE CANADIAN PRESS

We've got Games

Team Canada is ready to make some noise in Sochi and Metro will be there to follow them. Go to metronews.ca/gameon for the latest in video, photos, chat, and news from the 2014 Winter Games.

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Horoscopes

♈ Aries
March 21 - April 20
No matter how many times you have fallen short in the past you will succeed this week so make the most of it – show the world what a star you really are.

♉ Taurus
April 21 - May 21
Don't listen to those who counsel caution. The only reason they don't want you to do anything adventurous is because they are worried it will make them look bad.

♊ Gemini
May 22 - June 21
Your values will change in important ways over the next few days, especially in how you look at money. What you need to learn is that it's not what you earn that counts but what you do with what you've got.

♋ Cancer
June 22 - July 23
Even if you disagree with someone on a point of principle you can still work together, so stay on good terms and seek a compromise solution.

♌ Leo
July 24 - Aug. 23
You may know what you are after but you still need help in getting it. If you don't ask for assistance today you may find yourself being left behind on the work front.

♍ Virgo
Aug. 24 - Sept. 23
The Sun is on your side and your confidence is high, so do something special over the next few days. By this time next week it won't be so easy to stand out, so give it your all, creatively and romantically, while you can.

♎ Libra
Sept. 24 - Oct. 23
You may feel sorry for someone whose luck appears to have deserted them but you are still advised to keep your distance and not get personally involved.

♏ Scorpio
Oct. 24 - Nov. 22
You seem to be more open towards strangers than usual and that's good because someone you meet over the next few days could become not just a friend but also a business partner.

♐ Sagittarius
Nov. 23 - Dec. 21
Something will happen over the next 24 hours that makes you feel a lot better about your long-term prospects. It will also make you realize that wealth is as much a state of mind as anything else.

♑ Capricorn
Dec. 22 - Jan. 20
The Sun remains in your birth sign only until the 20th, so you have a week to make things happen. You can still make things happen after that date but there will be more obstacles for you to overcome.

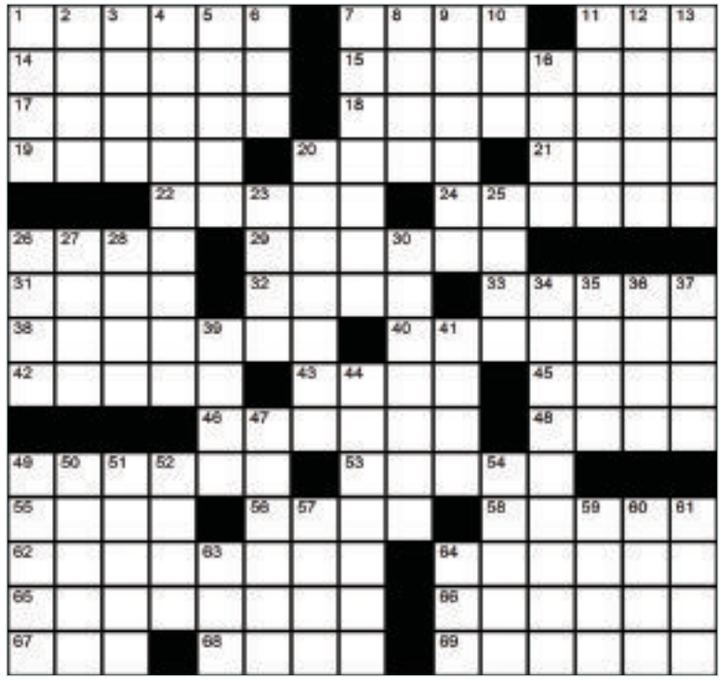
♒ Aquarius
Jan. 21 - Feb. 19
You will take the chance to help someone in need and won't think twice about it. However, make clear that you expect them to look after themselves after that.

♓ Pisces
Feb. 20 - March 20
You will leave your task to the last minute today – and because you have to act fast and without thinking will most likely make a good job of it. Living on the edge is OK but not all the time. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

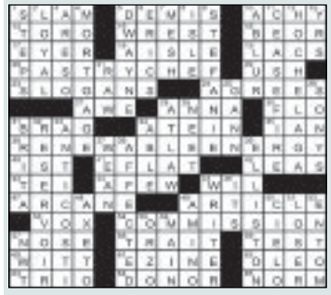
BY KELLY ANN BUCHANAN



Across
1. Jewellery fasteners
7. Rapini, aka Broccoli __
11. Caesar's 1002
14. Hilo's home
15. They lay in northeast Alberta: 2 wds.
17. Wired to the web
18. Drew and Jonathan Scott, The Property __
19. "It __ Me" by Shaggy feat. Rikrok
20. MGM co-founder, Marcus __
21. Francoise's friend
22. Baseball: Up __ __
24. Lowest
26. "The Exorcist" (1973) actor, __ _. Cobb
29. Ms. Bronte's
31. "Pay __ __ mind."
32. Pet shelter org.
33. __ d'art
38. Advocate: 2 wds.
40. Castle towers
42. Tuscan city
43. Chemical suffixes
45. Mr. Estrada
46. Silk-like fabrics
48. Partners for Tacs (Mint candies)
49. Those using the '+ sign'
53. Music: Sister duo from Australia
55. Tide type
56. After mil. combat affliction
58. "Monster-__-__" (2005)
62. Ottawa-__, Canada's Capital Region
64. '80s series, "Remington __"
65. MuchMusic's legendary "__ Circus"
66. Breadwinner
67. Business name abbr.
68. Diner side order
69. Region of France

Down
1. Purina Cat __
2. Ms. Turner
3. Cobbler's tools
4. New Brunswick city: 2 wds.
5. Patched-coat horse
6. "Sprechen __ Deutsch?"
7. "I wanna be reprogrammed." goes this Hannah Georgas tune
8. 'Million' suffix
9. Move, as tumbleweed: 2 wds.
10. Cheers __. 1895
11. Boeotian Muse of memory
12. "Mandela: Long Walk to Freedom" (2013) star Mr. Elba
13. "The table __ __!" (Suppertime exclamation)
16. Gotchas!
20. Eel variety
23. Kiss, in Madrid
25. Biblical instrument
26. Gloss-placing spots
27. Dainty case
28. 'Susp' suffix
30. Grew less light in the day
34. Some denizens of Nova Scotia, Cape __
35. Ms. Ryan of "Star Trek: Voyager"
36. 'Synth' suffix
37. Disapproves
39. Hilary of "Love It or List It"
41. Known-by-letters land
44. 1668: Ship in the Hudson's Bay Company's history
47. Kansas motto: 'Ad astra per __' (To the stars through difficulties)
49. Winged figure
50. Gave out
51. Courted
52. Heroic
54. Winnipeg area, St. __
57. Cocktails, Mai __
59. Ms. Horne
60. Novelist Mr. Waugh
61. Are, in the past
63. Utmost degree
64. Baltic, for one

Friday's Crossword

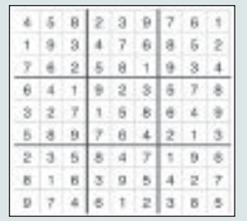


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					1	7		
			4	5		3		
9	5	2				1		
8			7		2		1	
	4						7	
	3		9		6			4
		4				2	8	5
		6		7	4			
		8	3					

Friday's Sudoku



Weather

TODAY	TUESDAY	WEDNESDAY
MAX: -9° MIN: -15°	MAX: -10° MIN: -18	MAX: -4° MIN: -6°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

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